

ABSTRAK

Diabetes mellitus merupakan kelainan metabolisme karbohidrat, lemak, dan protein yang ditandai dengan meningkatnya kadar glukosa didalam darah (hiperglikemia) karena adanya kelainan insulin, kelainan kerja insulin di dalam tubuh, atau kedua-duanya. Pada penderita diabetes mellitus, salah satu komplikasi kronik akibat penyakit tersebut adalah gangguan metabolisme lemak. adanya gangguan metabolisme lemak membuat kadar kolesterol menjadi tinggi, yang berarti terlalu banyak lemak di dalam darah. Apabila dibiarkan lemak dapat mengendap pada pembuluh darah dan menghambat aliran darah sehingga menghalangi darah kaya akan oksigen mencapai tubuh tertentu. Penelitian ini bertujuan untuk mengetahui pemeriksaan kadar kolesterol total pada penderita diabetes melitus di RSIA Azalia bener meriah. Sampel dalam penelitian ini ada sebanyak 12 responden. Hasil penelitian pada pemeriksaan kadar kolesterol total pada penderita diabetes melitus dapat diketahui bahwa kadar kolesterol total menurun terdapat 7 pasien dengan persentase (58.3%), sedangkan meningkat terdapat 5 pasien dengan persentase (21.7%). Penelitian ini dapat disimpulkan bahwa kadar kolesterol total pada penderita diabetes melitus di RSIA Azalia bener meriah Tahun 2023 rata-rata meningkat dibandingkan menurun.

Kata Kunci Kadar Kolesterol Total, Diabetes Melitus



ABSTRACT

Diabetes Melitus is a disorder of carbohydrate, fat and protein metabolism characterized by increased glucose levels in the blood (hyperglycemia), due to insulin disorders, insulin action defects in the body, or both. In people with diabetes melitus , one of the chronic complications due to this disease is a disorder of fat metabolism. Exists disorders of fat metabolism lead to high cholesterol levels, which means there is too much fat in the blood. If allowed to fat can settle in the blood vessels and inhibit blood flow so that blocking oxygen-rich blood from reaching certain bodies. The purpose of this study was to examine total cholesterol levels in people with diabetes melitus at RSIA Azalia Bener Meriah 2023. This research method used a quantitative descriptive study. The sample used in this study as many as 12 patients who checked total cholesterol levels was carried out using a hematology analyzer. This research was conducted in May 2023. The results of the study were examination of total cholesterol levels in people wuth diabetes melitus it can be seen that total cholesterol levels decreased in 7 pantients with a percentage (58.3%), while there were increases in 5 pasienst with a percentage (41.7%). From this study it can be concluded that total cholesterol levels in people with diabetes melitus at RSIA Azalia will be really lively in 2023 on average increasing rather than decreasing.

Keywords: Total Cholesterol Levels, Diabetes Melitus

